



Ever get the urge  
to mow your lawn at two  
in the morning?

Like you, most shift workers probably have. That's because you're sick and tired of being awakened in the middle of your night. And you'd like others to know how it feels. You can avoid this potentially messy situation by simply reminding your family, friends and neighbors about your schedule. It can lead to improvements at home, at work and especially on the road. **Wake Up And Get Some Sleep.**



U.S. Department  
of Transportation



<http://www.nhtsa.dot.gov>

*Sleep tips: Use ear plugs, a fan or a white noise machine to block outside sounds. 🎧 Use room-darkening shades or a sleep mask to simulate nighttime. 🕒 Use a daily time chart to show others when you need to be sleeping.*

<b>EQUALS THREE COMMUNICATIONS™</b> 1010 Woodmont Avenue, Suite 200, Bethesda, MD 20814 • 301.291.1100 • 301.291.1200		<b>LAYOUT</b>	
Spellerhead _____	Name: G3 _____	Saved: 2*22*2000 3*21 PM	Helvetica Condensed
Trailer Mgr. _____	Graphic Mgr. _____	Printed: 4*4*2000 2*35 PM	Graphics: *DOTlogo/types-
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